

ABSTRACT

Background

Cardiovascular diseases are the leading cause of hospitalisation and death in elderly patients. The role of conventional cardiovascular risk factors in older persons is incompletely understood with Diabetes being the most important, which increases the risk of developing Coronary Artery Disease 2-4 fold. Also the manifestations of acute Myocardial Infarction are generally believed to be atypical and worse in elderly diabetics.

Objectives

The purpose is to study the differences in the presentation of acute MI in elderly diabetics and non-diabetics and the influence of Diabetes on short term mortality in acute MI in elderly.

Study Design

Observational Cross-sectional study.

Materials and Methods

100 patients of age ≥ 60 yrs were studied for a period of 6 months, assessed on the basis of history, clinical examination, ECG changes, cardiac biomarkers, and Diabetic status and followed 30 days after discharge. Risk stratification was done using TIMI score at admission. Higher score meant a higher risk of complications and mortality. Statistical analysis was done using Epi-Info software, version 7.1.2.0 and the significance was taken as $P < 0.05$.

Results and discussion

Mean age of the study population was 70.26 ± 13.44 years. 24% were Diabetic. 93% had ST elevation MI and 7% had Non ST elevation MI. Majority of the patients presented with typical symptoms. There was no significant difference in the clinical presentation of acute MI between Diabetics and Non-Diabetics. Chest pain, sweating, nausea, and breathlessness were the common presenting symptoms. Majority sought treatment within 4 hours of onset of symptoms. Acute in elderly most commonly involved the Inferior and Anterior walls in both Diabetics and Non-Diabetics. In-hospital mortality was 25% in the study population and Diabetes Mellitus was a significant predictor of in-hospital mortality in the elderly.

Conclusions

Common presenting symptoms of acute MI in the elderly include chest pain, sweating, nausea and breathlessness.

Typical symptoms are common in the elderly patients with MI, irrespective of Diabetic status

. Elderly Diabetics with acute MI had a significantly higher in-hospital mortality as compared to elderly Non-Diabetics.

KEY WORDS

Acute Myocardial Infarction, Elderly, Diabetes, Presenting symptoms, Mortality